



IMG ACADEMY

Egg Muffin Bites

Prep these in bulk and use as part of a grab-n-go meal or snack. Packed with protein and fiber, these egg bites will satisfy your hunger while fueling your body with protein and nutrients to power through your day. They can be enjoyed hot or straight from the fridge.

Ingredients:

- Eggs/Egg Whites (Typically 1 egg per muffin slot works best)
- Vegetables, diced (pick 2-4)
 - Bell peppers, broccoli, spinach, onions, mushrooms, tomatoes, or any other veggie typically found in an omelet
- Protein (pick 1-2)
 - Chicken sausage
 - Turkey Bacon
- Deli turkey or ham
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 - Lean steak or ground beef
 - Black bean burger
- Additional Toppings
 - Low-fat cheese
 - Guacamole/Avocado
 - Salsa/Ketchup
 - Hot sauce



Instructions:

- Preheat the oven to 350°F
- Spray the muffin pan with non-stick spray
- In a bowl, whisk eggs and desired ingredients until well combined
- Fill each section of the muffin pan $\frac{3}{4}$ full and bake for 15-20 minutes or until desired texture.
- Remove the pan from the oven and let sit for 5 minutes. Eggs will continue to cook as they cool off
- Enjoy in a whole grain tortilla, on an English Muffin, or as a side to potatoes and fruit